



Town of Braintree

October, 2020

Department of Elder Affairs
71 Cleveland Avenue, Braintree, MA 02184
Hours: 8:30 AM– 4:30 PM
“Live, Learn, Laugh and Be Happy”

Mayor Charles Kokoros

Sharmila Biswas: Director
Mary Howland: Outreach Coordinator
Therese Jarrett: Services Coordinator

Michelle Birolini: Volunteer Coordinator
Mark Mahoney Building Custodian
Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after October 1st at 9:30 am

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Thank you for your patience and understanding. Reservations must be made with a live person.

Greetings everyone,

I hope all of you are enjoying your summer. There has been a few very hot days and not too much rain in some communities. But, a typical New England summer is hard to beat. Of course, the summer of 2020 has been unbeatable and unique; I hope and pray, that we will not have to go through another unique summer like this.

As humans, we all have the capability to understand, adjust and explore the situations we are suddenly faced with. When COVID19 first made it's appearance, we were all taken aback and stunned for a while; it took us a little bit of time to understand the situation to keep ourselves and everyone around us safe. But slowly, we are adjusting to our “new normal” and I think we are also getting better at it.

We here, at Braintree Elder Affairs, are adjusting to our present surroundings and with your help, enthusiasm and cooperation are getting busy with our new routine of operations. Our building remains closed to the public, but we are now having many of our activities outdoors. When we first ventured out, we were not really sure of the response we would get, well, your response overwhelmed us with joy. We thank you for your presence and your participation. Taking out the chairs and tables for programs and then sanitizing and putting them back and stacking them in closets is now our new norm. This is not always easy, but thanks to Mark and Frank for following the safety procedures seamlessly.

We are planning quite a few activities for the month of October, please look for them in our newsletter. The newsletters can be found in local grocery stores, Town Hall, the Senior Center and the Town's website. Please make sure you can join us for our Health and Fitness week. It will be an exciting week filled with activities and entertainment. We will keep our fingers crossed for Mother Nature to smile upon us.

Take care, Be well and Be safe..... Sharmila

Outdoor BINGO IS BACK!

Tuesday, October 20 (Rain Date: Wed October, 21)

Time 10 AM

Where: 71 Cleveland Avenue

Braintree Recreation

in collaboration with the Department of Elder Affairs

Is getting ready to play BINGO again

Seating begins at 9:30 and limited seats are available. Braintree seniors only

To sign up please call 781-848-1963



Alzheimer's Care Giver Support Group

Due to Covid 19 we have been delayed in meeting in person. We are happy to announce a meeting is scheduled for October!!! Caregiving in itself is overwhelming and COVID19 made it worse. Come and enjoy a stress free discussion and exchange of ideas with your friends and supporters. Meeting will be outdoors. Please note the change of time.

Please call 781-848-1963 to say you are coming. Tuesday, October 27 at 3 PM

Special Activities and Meetings: See our calendar for a complete list of activities

4th Monday	Bereavement Support Group	2:00 PM
1st Wed& 3rd Wed	Bingo—	
Monday Oct. 7& 21rd	Trivia	
Every Tuesday	Shine Insura	
Tuesdays	Beginner Cc	
Every Tuesday	Rummikub	
Every Tuesday	Cribbage	12:30 PM
Tuesday October	Walking Group (see calendar for locations)	10:00 AM
October 12-16th	Senior Health and Fitness week (registration begins at 9:30) Sign Up required	10:00AM
October 28	Halloween movie and costume contest	1:00 PM
October 27	Alzheimer's Support Group	5:00 PM
	Make sure you remember to Vote November 3rd!!!	

CANCELLED!

No Indoor Activities Until further notice. But Please see our BCAM Schedule for Programs and some outdoor exercise programs on our main calendar inspired by and for our Braintree Senior Citizens	
Elder Affairs Programs on BCAM. (more programs to be added) We will keep you posted on BCAM. Ch. 9 and Ch. 28)	10:00-11:30 AM

HALLOWEEN MOVIE PARTY

ENTER IF YOU DARE!

WEAR YOUR BEST COSTUME AND COME EXPRESS YOUR CREATIVITY

THERE WILL BE A PRIZE FOR THE TOP COSTUMES!

SIGN UP REQUIRED.

DATE: OCTOBER 28TH, 29TH AND 30TH.

ONLY 10 GUESTS ALLOWED PER DAY INDOORS TO STAY SAFE

TIME: 1:00 PM

WHERE: 71 CLEVELAND AVE



Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday,	Independence Housing	10:30-11:30
Wed, Oct	Department of Elder Affairs	12:15-1:00
Tuesday, Oct	Roosevelt Housing	12:00-12:30

Please call Town Nurse to find out about Blood Pressure Clinics. Schedule has decreased due to COVID regulations

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between:	9:30 to 10:00 AM
Return time between:	11:30 AM to 12:00 PM

DUE TO COVID19 ALL SHOPPING

TRIPS ARE SUBJECT TO CHANGE and all rides are limited in order to keep Social Distanced Safely

Thursday, Oct 1-Drivers Choice

Tuesday, Oct. 6-Drivers Choice

Thursday, Oct 8-Drivers Choice

Tuesday, Oct .13- Drivers Choice

Thursday, Oct 15-Drivers Choice

Tuesday, Oct. 20-Drivers Choice

Thursday, Oct 22-Drivers Choice

Tuesday, Oct. 27-Drivers Choice

Thursday, Oct. 29-Drivers Choice

Special Shopping Trip: Friday , October 9-Christmas Tree

Services

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling;
please call for an appointment
- **Ask the lawyer:** free consultations;
please call for an appointment
- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; please call ahead.



祝你健康每一天

" WISH YOU GOOD HEALTH
EVERYDAY

Outdoor Event Highlights



Indoor Reopening Plan

For the past few months, many of you have been enjoying the Activities we have been planning outside our building. We were filled with anticipation, we did not know if that was a workable plan. You surprised us. Thank you so much for your support. We have already held many exercise classes and fun activities like, BINGO, Ice Cream Socials, Musicals etc. We have ordered heat lamps, when it starts getting cold. We plan to continue to hold activities under the blue skies and the green trees as long as Mother Nature permits us to do so.

We are always in touch with our Health Department for plans to bring some activities indoors. This will **not be a rush decision and we will take steps cautiously**. We will do it, only when we are sure, that **all safety protocols can be maintained**. Our mission is to keep you safe and we thank you for your patience. Please look into our newsletters for the updates. We love seeing you and we are all waiting for the day when we can be back to the “bustling” days again.



OCTOBER

MONDAY	TUESDAY	WEDNESDAY
5 10:00am Current Events	6 Shopping Shuttle: Driver Choice 10:00 AM Walking group	7 10:00 Cardio, Strength and Flexibility Class-with Mary
12 Closed Happy Columbus Day	13 Shopping Shuttle: Drivers Choice SENIOR HEALTH & FITNESS WEEK 10:00—BALANCE CLASS WITH BOB COBBETT ENTERTAINMENT PROVIDED BY-TOM BRUHL	14 SENIOR HEALTH & FITNESS WEEK 10:00 Cardio, Strength and Flexibility Class
19 10:00 am Current Events	20 Shopping Shuttle: Driver's Choice 10:00 AM Walking Group	21 10:00 Cardio, Strength and Flexibility Class
26 9:30 Current Events	27 Shopping Shuttle: Driver's Choice 5:00 Alzheimer's Support Group 10:00 AM Balance Class with Bob Cobbett	28 10:00 Cardio, Strength and Flexibility Class 1:00-Movie-Must Sign Up(10 people Max) "Hocus Pocus"

R



THURSDAY

FRIDAY

	1 Shopping Shuttle: Drivers Choice 10:00 am Chair Yoga	2 9:30 AM—Tai Chi with Peggy
	8 Shopping Shuttle: Driver's Choice 10:00 am Chair Yoga-With Sue	9 Special Shopping trip-Christmas Tree Shop—(subject to change call to reserve your spot) 9:30 AM—Tai Chi with Peggy
K	15 Shopping Shuttle: Drivers Choice SENIOR HEALTH & FITNESS WEEK 10:00 am Chair Yoga	16 SENIOR HEALTH & FITNESS WEEK 9:30 AM—Tai Chi with Peggy 10:30 AM Walking Group Followed by-Rhythms and Melodies in a circle, by South Shore Conservatory of Music
	22 Shopping Shuttle: Driver's choice 10:00 am Chair Yoga	23 9:30 AM—Tai Chi with Peggy
(k)	29 Shopping Shuttle: Driver's Choice 10:00 am Chair Yoga 1:00— Movie must sign up (10 People Max) "Hocus Pocus"	30 9:30 AM—Tai Chi with Peggy 1:00—Movie must sign up (10 people max) "Hocus Pocus"

Outreach Department



How We Can Help

MassSupport Network provides community outreach and support services to people of all ages living in Massachusetts in response to the unprecedented public health crisis, COVID-19.

This Crisis Counseling Program (CCP) is funded by the Federal Emergency Management Administration (FEMA) and managed in partnership between the Massachusetts Department of Mental Health and Riverside Trauma Center, a program of Riverside Community Care.

Our anonymous, confidential, and free program is for individuals (including youth), families, schools, organizations, businesses and communities. We provide emotional support, coping strategies, resources, and up-to-date, factual information; also psycho-educational presentations, consultations, and group supports.

Call 888-215-4920

or email

MassSupport@riversidecc.org

www.masssupport.org

Braintree Senior Health and Fitness Week

October 13 to 16, 2020

Where: 71 Cleveland Avenue

Time: Tuesday to Thursday 10 AM to 12:30 PM

Friday program begins at 9:30 AM

Braintree Department of Elder Affairs cordially invites you to a week filled with activities, entertainment, health checks and delicious healthy snacks.

Tuesday, October 13: Mayor Kokoros officially opens the week. Balance with Bob Cobbett, Entertainment provided by the dynamic Tom Bruhl (Rain Date: Thursday, October 15)

Wednesday, October 14: Cardio Strength and Flexibility with Mary Oxner, Preparation of Healthy Snacks, Courtesy of Grove Manor Estates, Blood Pressure Screening by Public Health Nurse

Thursday, October, 15: Chair Yoga with Sue Thomas, Your Nurse discusses Braintree and the COVID 19 situation. Tom Bruhl (Rain Date)

Friday, October 16: Tai Chi with Peggy, A short walk on the walking trail, Rhythms and Melodies in a circle, by South Shore Conservatory of Music

We are looking forward to seeing you and having a great time.

Healthy snacks will be provided

In case of heavy rain program may be cancelled!

All events are free, but donations will be graciously accepted

Braintree residents only

Please call 781-848-1963 to sign up

Senior Health & Fitness Week Sponsors

Our Sponsors

To keep everyone safe, we could not have vendor tables. But we were fortunate enough to have agencies and individuals who came forward to shoulder some of our burden and make this a memorable week. Please accept our grateful thanks.

Council on Aging Associates (FRIENDS)

Mary and Hank Joyce

Town of Braintree Health Department

Town of Braintree Recreation Department



Thank you for being there for us

Medicare Open Enrollment

IT'S OPEN ENROLLMENT TIME AGAIN

Previously every October, an informational meeting was held here at the Department of Elder Affairs discussing MEDICARE, outlining Health Insurance Products and the new rates available for the upcoming year. Due to the outbreak of COVID, certain precautions have been put into place and are necessary to keep everyone safe. In order to meet your need for information, the following can be provided.

1. If you need information on the differences between the various health insurance plans a telephone consultation is possible. Call the Senior Center at 781-848-1963 and leave your contact information. A Shine Counselor will contact you usually within a day.
2. Before discussing with SHINE Counselor, You should be aware of what plans your physician's offices accept to narrow down what insurances are accepted at their offices.
3. If interested you may request Medicare and Supplemental Insurance Info available by mail or electronically if you call and offer your address/email address.
4. It is also advised that you review your prescription plan. Please call for a form to be completed and dropped back off for review by the SHINE Counselor. You will receive a call.

If you have any questions about the process, feel free to contact Terry at **781-848-1963**.

Medicare open enrollment begins on **October 15, 2019 and runs through December 10th**.

Be sure to open your mail and read about changes to your current plan in 2021.

For your conversation with SHINE, please be ready to provide the following:

- *Medicare Number
- * Name, address,
- *Date of Birth
- *Current address with ZIP code or city
- *Part A or Part B coverage start date (find this on your Medicare Card)
- *Current insurance providers

From the Chairman, Hank Joyce

Good Morning.

I hope everyone is feeling good and looking forward to some nice weather to help make our Outdoor activities successful.

Some things are getting better, and it was nice to be able to see the Celtics beat Toronto in the seventh game of the Eastern Conference Semi-Finals. I am looking forward to the next series Celtics vs. Miami. I am hoping to see the Celtics play the Los Angeles Lakers for the NBA Championship which has been a great rivalry over the years.

Football is back and it was great to see the Patriots beat Miami. Unfortunately Tom Brady lost his first game as the Quarterback of the Tampa Bay Buccaneers. It will be nice rooting for two football teams this season and hopefully it will be an exciting season.

The Senior Center is not completely open for all the great activities we have, but the staff is working hard to create good outside activities like Bingo and Ice Cream Socials. The next outside Bingo will be October 20th with help from the Braintree Recreation Department. We will also have a Health and Fitness Week, that will take place in mid October.

If you think of any activities that we may do during the good weather please talk to Michelle.

Have a great time enjoying this beautiful weather and please stay Safe and Healthy.....**Hank**

Having Fun and Staying in Shape

Tai Chi with Peggy, Friday's at 9:30 A.M.



**Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184**

Place
Stamp
Here

Braintree Dept. of Elder Affairs ~ 2020 Board Members

Henry (Hank) Joyce, Chairman of the Board

**Wayne Gilbert, Vice Chairman
Ann Moore, Secretary**

**Lucille Barton
Tim Burke**

**Jane Fogg
Connie Mattina**

THANK YOU GARDEN GUILD



Thank you Sandra Young and Ann Moore, (Volunteers of the Garden Guild and the Department of Elder Affairs) for beatifying our front porch. Your hard work and dedication brightens up these dismal days.

**The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.**